

| 9/1/20 | Calorie s | Calorie s from fat | Total fat | Saturat ed fat | Trans Fat | Choles terol | Sodiu m | Total Carbs | Dietary Fiber | Sugars | Protein |
|---|--------------|--------------------------|--------------|-------------------|--------------|-----------------|------------|----------------|------------------|--------|---------|
| CHEESESTEAKS | | | | | | | | | | | |
| Original Cheesesteak | 964 | 312 | 35 | 17 | 1 | 152 | 2394 | 91 | 4 | 7 | 70 |
| Half Original Steak | 515 | 180 | 20 | 10 | 0 | 84 | 1348 | 46 | 2 | 3 | 37 |
| Classic Cheesesteak | 979 | 312 | 35 | 17 | 1 | 152 | 2652 | 93 | 5 | 8 | 71 |
| Half Classic Steak | 523 | 180 | 20 | 10 | 0 | 84 | 1477 | 47 | 3 | 4 | 38 |
| The Works Cheesesteak | 1204 | 514 | 57 | 20 | 1 | 172 | 2816 | 100 | 7 | 11 | 73 |
| Half Works Cheesesteak | 636 | 281 | 31 | 12 | 0 | 94 | 1559 | 50 | 4 | 6 | 38 |
| Chicken Philly Steak | 965 | 294 | 33 | 16 | 0 | 192 | 2637 | 92 | 5 | 8 | 73 |
| Half Chicken Philly Steak | 545 | 196 | 23 | 10 | 0 | 104 | 1464 | 46 | 3 | 4 | 39 |
| Chicken Philly Works | 1191 | 497 | 55 | 19 | 0 | 212 | 2800 | 99 | 7 | 11 | 75 |
| Half Chicken Philly Works | 657 | 298 | 34 | 11 | 0 | 114 | 1546 | 50 | 3 | 6 | 39 |
| Fajita Cheesesteak | 1118 | 328 | 37 | 17 | 1 | 151 | 2433 | 122 | 6 | 29 | 73 |
| Half Fajita Cheesesteak | 559 | 164 | 18 | 9 | 0 | 76 | 1217 | 61 | 3 | 14 | 36 |
| Italian Cheesesteak | 1008 | 322 | 35 | 17 | 1 | 141 | 2284 | 95 | 6 | 10 | 76 |
| Half Italian Cheesesteak | 504 | 161 | 17 | 9 | 0 | 71 | 1142 | 47 | 3 | 5 | 38 |
| Nacho Ordinary Cheesesteak | 1230 | 418 | 48 | 13 | 1 | 106 | 3414 | 136 | 8 | 12 | 62 |
| Half Nacho Ordinary Cheesesteak | 615 | 209 | 24 | 7 | 0 | 53 | 1707 | 68 | 4 | 6 | 31 |
| SUBS | | | | | | | | | | | |
| Deli Sub with all toppings | 821 | 229 | 26 | 13 | 0 | 128 | 4046 | 94 | 6 | 13 | 52 |
| Half Deli Sub with all toppings | 420 | 114 | 13 | 7 | 0 | 64 | 2056 | 50 | 3 | 8 | 26 |
| Ham & Cheese Sub with all toppings | 731 | 149 | 16 | 10 | 0 | 115 | 4036 | 96 | 6 | 16 | 53 |
| Half Ham & Cheese Sub with all toppings | 365 | 74 | 8 | 5 | 0 | 58 | 2014 | 48 | 3 | 8 | 27 |
| Turkey Sub with all toppings | 685 | 116 | 13 | 7 | 0 | 92 | 2848 | 95 | 6 | 13 | 47 |
| Half Turkey Sub with all toppings | 342 | 58 | 6 | 4 | 0 | 46 | 1419 | 48 | 3 | 7 | 24 |
| Turkey Club Sub with all toppings | 783 | 180 | 20 | 10 | 0 | 116 | 3145 | 95 | 6 | 13 | 55 |
| Half Turkey Club Sub with all toppings | 408 | 101 | 11 | 5 | 0 | 62 | 1618 | 48 | 3 | 7 | 29 |
| Cheese Veggie Sub with all toppings | 916 | 359 | 39 | 24 | 0 | 95 | 3066 | 91 | 6 | 10 | 47 |
| Half Cheese Veggie Sub with all toppings | 498 | 209 | 22 | 14 | 0 | 55 | 1624 | 46 | 3 | 5 | 27 |
| Tuna Sub with all toppings | 729 | 209 | 23 | 6 | 0 | 62 | 1675 | 84 | 6 | 7 | 46 |
| Half Tuna Sub with all toppings | 364 | 104 | 11 | 3 | 0 | 31 | 838 | 42 | 3 | 4 | 23 |
| Meatball Sub | 1115 | 483 | 52 | 22 | 0 | 120 | 2868 | 97 | 9 | 8 | 65 |
| Half Meatball Sub | 558 | 241 | 26 | 11 | 0 | 60 | 1434 | 49 | 5 | 4 | 32 |
| Chicken Tender Sub | 979 | 297 | 33 | 6 | 0 | 70 | 2581 | 123 | 7 | 7 | 45 |
| Half Chicken Tender Sub | 490 | 149 | 17 | 3 | 0 | 35 | 1291 | 62 | 4 | 3 | 22 |
| MIAMI SUBS BURGERS | | | | | | | | | | | |
| Miami Subs Burger | 498 | 207 | 23 | 9 | 1 | 103 | 401 | 36 | 2 | 6 | 34 |
| MS Cheeseburger | 565 | 254 | 28 | 12 | 1 | 120 | 703 | 37 | 2 | 6 | 38 |
| MS Bacon Cheeseburger | 630 | 297 | 33 | 14 | 1 | 135 | 901 | 37 | 2 | 6 | 43 |
| MS Bistro Burger | 776 | 411 | 47 | 17 | 1 | 136 | 1364 | 45 | 2 | 11 | 43 |
| MS Nacho Ordinary Burger | 734 | 321 | 36 | 12 | 1 | 107 | 1691 | 62 | 3 | 10 | 37 |
| MS Rodeo Burger | 849 | 377 | 42 | 17 | 1 | 136 | 1627 | 70 | 2 | 19 | 44 |
| MS Big Havana Burger | 708 | 329 | 37 | 16 | 1 | 166 | 2186 | 41 | 3 | 8 | 53 |
| MIAMI GRILL BURGERS | | | | | | | | | | | |
| Miami Grill Burger | 463 | 186 | 21 | 8 | 1 | 92 | 392 | 36 | 2 | 6 | 31 |
| MG Cheeseburger | 530 | 233 | 26 | 11 | 1 | 109 | 693 | 37 | 2 | 6 | 35 |
| MG Bacon Cheeseburger | 596 | 276 | 31 | 13 | 1 | 124 | 892 | 37 | 2 | 6 | 40 |
| CHICKEN WINGS | | | | | | | | | | | |
| 5 Breaded Wings with fries, celery, blue cheese | 920 | 665 | 74 | 13 | 0 | 85 | 2280 | 44 | 5 | 4 | 16 |
| 10 Breaded Wings with fries, celery, blue cheese | 1320 | 935 | 105 | 19 | 0 | 145 | 3060 | 64 | 6 | 5 | 28 |
| 20 Breaded Wings with celery, blue cheese | 2120 | 1540 | 172 | 30 | 0 | 290 | 5440 | 88 | 7 | 9 | 51 |
| 5 Grilled Wings with fries, celery, blue cheese | 807 | 501 | 56 | 12 | 0 | 147 | 2019 | 47 | 3 | 18 | 28 |
| 10 Grilled Wings with fries, celery, blue cheese | 1050 | 647 | 72 | 17 | 0 | 268 | 2766 | 49 | 3 | 18 | 52 |
| 20 Grilled Wings with celery, blue cheese | 1581 | 965 | 107 | 28 | 0 | 537 | 4851 | 57 | 3 | 34 | 101 |
| 5 Naked Wings with fries, celery, blue cheese | 890 | 602 | 67 | 13 | 0 | 116 | 1800 | 47 | 4 | 18 | 22 |
| 10 Naked Wings with fries, celery, blue cheese | 1170 | 890 | 99 | 19 | 0 | 208 | 2550 | 27 | 4 | 3 | 40 |
| 20 Naked Wings with celery, blue cheese | 1820 | 1450 | 161 | 31 | 0 | 415 | 4420 | 14 | 3 | 5 | 76 |
| 5 Boneless Wings with fries, celery, blue cheese | 988 | 668 | 74 | 12 | 0 | 70 | 2568 | 50 | 5 | 3 | 22 |
| 10 Boneless Wings with fries, celery, blue cheese | 1455 | 940 | 105 | 17 | 0 | 115 | 3635 | 76 | 6 | 3 | 40 |
| 20 Boneless Wings with celery, blue cheese | 2390 | 1550 | 172 | 27 | 0 | 230 | 6590 | 112 | 8 | 5 | 75 |
| MIAMI GRILL - GRILLED CHICKEN WINGS | | | | | | | | | | | |
| 5 Grilled Wings with fries, celery, blue cheese, onions, peppers | 905 | 562 | 63 | 13 | 0 | 147 | 2163 | 56 | 5 | 21 | 29 |
| 10 Grilled Wings with fries, celery, blue cheese, onions, peppers | 1149 | 708 | 79 | 18 | 0 | 268 | 2910 | 58 | 5 | 21 | 53 |
| 20 Grilled Wings with celery, blue cheese, onions, peppers | 1826 | 1086 | 122 | 30 | 0 | 537 | 5143 | 87 | 7 | 47 | 104 |
| GYROS | | | | | | | | | | | |
| Gyro Sandwich on pita | 730 | 410 | 46 | 16 | 0 | 70 | 1620 | 54 | 4 | 4 | 26 |
| Gyro Platter with Fries and Side Salad | 1220 | 740 | 82 | 27 | 0 | 110 | 2730 | 800 | 7 | 5 | 38 |

| CHICKEN & PITAS | | | | | | | | | | | | |
|--|------|------|-----|----|---|-----|------|-----|----|----|-----|--|
| Grilled Chicken Sandwich | 355 | 76 | 8 | 2 | 0 | 65 | 1140 | 38 | 2 | 6 | 30 | |
| Grilled Chicken Sandwich with Cheese | 421 | 123 | 13 | 5 | 0 | 82 | 1440 | 39 | 2 | 6 | 34 | |
| Grilled Chicken Club - Bacon & Cheese | 487 | 166 | 18 | 7 | 0 | 97 | 1638 | 39 | 2 | 6 | 39 | |
| Grilled Chicken Platter with Fries and Side Salad | 795 | 359 | 40 | 9 | 0 | 65 | 2544 | 72 | 6 | 6 | 37 | |
| Chicken Tenders Platter - 3 tenders with Fries and Coleslaw | 955 | 570 | 63 | 10 | 0 | 55 | 2160 | 77 | 6 | 28 | 19 | |
| Chicken Tenders Platter - 5 tenders with Fries and Cole Slaw | 1231 | 736 | 83 | 13 | 0 | 87 | 2909 | 90 | 7 | 24 | 29 | |
| Chicken Tenders - 3 tenders | 499 | 249 | 30 | 4 | 0 | 48 | 1644 | 40 | 1 | 13 | 16 | |
| Chicken Tenders - 5 tenders | 775 | 415 | 51 | 7 | 0 | 80 | 2393 | 53 | 2 | 10 | 26 | |
| Chicken Tender Sandwich | 481 | 197 | 23 | 4 | 0 | 42 | 1069 | 49 | 3 | 2 | 17 | |
| Grilled Chicken Pita | 472 | 158 | 17 | 4 | 0 | 55 | 1590 | 47 | 3 | 3 | 32 | |
| Tuna Pita | 498 | 218 | 24 | 3 | 0 | 41 | 894 | 45 | 3 | 4 | 27 | |
| Veggie Pita | 584 | 291 | 31 | 14 | 0 | 55 | 1786 | 49 | 4 | 6 | 26 | |
| Chicken Caesar Pita | 620 | 288 | 32 | 6 | 0 | 65 | 1867 | 48 | 3 | 3 | 34 | |
| WRAPS | | | | | | | | | | | | |
| Turkey Wrap | 372 | 84 | 9 | 4 | 0 | 50 | 1067 | 48 | 5 | 4 | 27 | |
| Chicken Caesar Wrap | 680 | 333 | 36 | 9 | 0 | 68 | 1953 | 50 | 5 | 2 | 37 | |
| Tuna Wrap | 478 | 191 | 21 | 6 | 0 | 41 | 751 | 45 | 6 | 2 | 29 | |
| Veggie Wrap | 620 | 324 | 35 | 18 | 0 | 55 | 1646 | 48 | 6 | 4 | 28 | |
| NATHANS | | | | | | | | | | | | |
| Hot Dog | 290 | 160 | 18 | 6 | 1 | 30 | 790 | 24 | 1 | 2 | 10 | |
| Cheese Dog | 330 | 180 | 20 | 7 | 1 | 30 | 1130 | 27 | 1 | 3 | 10 | |
| Chili Dog | 410 | 240 | 27 | 9 | 1 | 50 | 1140 | 30 | 1 | 3 | 16 | |
| Chili Cheese Dog | 450 | 260 | 29 | 10 | 1 | 50 | 1480 | 33 | 1 | 4 | 16 | |
| Nathan's Fries Regular | 540 | 350 | 39 | 7 | 0 | 0 | 500 | 43 | 5 | 1 | 5 | |
| Nathan's Fries Large | 830 | 540 | 60 | 11 | 0 | 0 | 860 | 66 | 8 | 2 | 8 | |
| Nathan's Cheese Fries Regular | 600 | 380 | 42 | 9 | 0 | 5 | 1000 | 48 | 5 | 3 | 6 | |
| Nathan's Cheese Fries Large | 910 | 580 | 64 | 13 | 0 | 5 | 1530 | 72 | 8 | 4 | 9 | |
| Nathan's Chili Fries Regular | 660 | 430 | 48 | 10 | 0 | 20 | 850 | 49 | 6 | 2 | 11 | |
| Nathan's Chili Fries Large | 950 | 620 | 69 | 14 | 0 | 20 | 1210 | 72 | 9 | 3 | 13 | |
| Nathan's Chili-Cheese Fries Regular | 720 | 460 | 52 | 12 | 0 | 20 | 1360 | 53 | 6 | 4 | 11 | |
| Nathan's Chili-Cheese Fries Large | 1030 | 660 | 74 | 16 | 0 | 25 | 1890 | 78 | 9 | 5 | 14 | |
| ARTHUR TREACHERS AND GRILLED SEAFOOD | | | | | | | | | | | | |
| Fish Sandwich | 684 | 270 | 29 | 5 | 0 | 35 | 1147 | 81 | 2 | 8 | 20 | |
| Fish and Chips Basket | 1583 | 740 | 81 | 13 | 0 | 35 | 2360 | 173 | 8 | 17 | 36 | |
| Fish and Chips Platter | 1724 | 832 | 89 | 14 | 0 | 39 | 2552 | 189 | 9 | 31 | 37 | |
| Shrimp and Chips Basket | 1044 | 510 | 56 | 9 | 0 | 80 | 1893 | 117 | 8 | 17 | 20 | |
| Shrimp and Chips Platter | 1186 | 602 | 65 | 10 | 0 | 84 | 2085 | 133 | 10 | 31 | 21 | |
| Seafood Combo Basket | 1706 | 755 | 83 | 13 | 0 | 85 | 3427 | 197 | 11 | 24 | 42 | |
| Seafood Combo Platter | 1848 | 847 | 91 | 15 | 0 | 89 | 3618 | 213 | 13 | 39 | 43 | |
| Fish Boat | 4638 | 2130 | 233 | 37 | 0 | 90 | 6800 | 516 | 23 | 47 | 109 | |
| Shrimp Boat | 3108 | 1530 | 169 | 27 | 0 | 240 | 5340 | 346 | 23 | 47 | 59 | |
| Seafood Boat | 4581 | 2050 | 225 | 36 | 0 | 200 | 8527 | 528 | 30 | 62 | 108 | |
| Grilled Mahi Platter | 851 | 320 | 33 | 4 | 0 | 90 | 2076 | 105 | 6 | 27 | 33 | |
| Grilled Shrimp Platter | 972 | 333 | 34 | 5 | 0 | 204 | 2395 | 124 | 6 | 44 | 39 | |
| SIDES | | | | | | | | | | | | |
| Seasoned Fries small | 520 | 330 | 37 | 7 | 0 | 0 | 680 | 40 | 4 | 1 | 4 | |
| Seasoned Fries Large | 780 | 495 | 56 | 11 | 0 | 0 | 1020 | 60 | 6 | 2 | 6 | |
| Kettle Chips | 210 | 140 | 15 | 3 | 0 | 0 | 470 | 16 | 2 | 0 | 2 | |
| Onion Rings | 700 | 460 | 51 | 8 | 0 | 0 | 960 | 56 | 2 | 10 | 6 | |
| Mozzarella Sticks | 370 | 220 | 24 | 6 | 0 | 30 | 1100 | 28 | 2 | 5 | 10 | |
| Jalapeno Bites - 5 Pieces | 450 | 190 | 21 | 6 | 0 | 15 | 1520 | 55 | 2 | 33 | 8 | |
| Jalapeno Bites - 9 Pieces | 746 | 342 | 38 | 11 | 0 | 27 | 2459 | 85 | 4 | 46 | 14 | |
| Fiesta Rice | 170 | 5 | 1 | 0 | 0 | 0 | 930 | 36 | 1 | 1 | 4 | |
| Black Beans | 220 | 10 | 0 | 0 | 0 | 0 | 980 | 42 | 14 | 2 | 14 | |
| Black Beans and Rice | 195 | 8 | 0 | 0 | 0 | 0 | 955 | 39 | 8 | 2 | 9 | |
| Cole Slaw - Miami Subs (5 oz.) | 241 | 156 | 14 | 2 | 0 | 7 | 326 | 27 | 3 | 24 | 1 | |
| Cole Slaw - Miami Grill (5 oz.) | 187 | 91 | 11 | 2 | 0 | 0 | 463 | 24 | 6 | 16 | 4 | |
| SALADS | | | | | | | | | | | | |
| Side Greek Salad | 75 | 37 | 5 | 2 | 0 | 10 | 624 | 7 | 2 | 3 | 4 | |
| Side Garden Salad | 30 | 1 | 0 | 0 | 0 | 0 | 23 | 6 | 2 | 3 | 2 | |
| Side Caesar | 221 | 185 | 20 | 4 | 0 | 13 | 487 | 6 | 1 | 2 | 3 | |
| Garden Salad (no dressing) | 393 | 192 | 22 | 7 | 0 | 114 | 587 | 35 | 6 | 7 | 17 | |
| Greek Salad | 443 | 214 | 25 | 9 | 0 | 129 | 2084 | 43 | 8 | 10 | 20 | |
| MS Chicken Breast Club | 596 | 270 | 31 | 10 | 0 | 185 | 1551 | 36 | 6 | 7 | 46 | |
| MS Chicken Tender Club | 727 | 366 | 41 | 11 | 0 | 165 | 1621 | 55 | 7 | 7 | 37 | |
| Tuna Salad | 477 | 230 | 26 | 4 | 0 | 130 | 717 | 35 | 6 | 7 | 30 | |
| Caesar Salad | 546 | 365 | 40 | 7 | 0 | 15 | 1241 | 35 | 5 | 5 | 11 | |
| MG Caesar Salad | 541 | 365 | 40 | 7 | 0 | 15 | 1239 | 34 | 5 | 5 | 11 | |
| Chicken Caesar Salad | 696 | 410 | 45 | 8 | 0 | 70 | 2061 | 37 | 5 | 5 | 34 | |
| MG Chicken Caesar Salad | 693 | 412 | 45 | 8 | 0 | 70 | 2059 | 36 | 5 | 5 | 34 | |
| MG Chicken Breast Club | 495 | 199 | 23 | 5 | 0 | 160 | 1423 | 35 | 6 | 7 | 38 | |
| MG Mahi Salad | 376 | 118 | 14 | 2 | 0 | 172 | 625 | 33 | 6 | 7 | 31 | |

| | | | | | | | | | | | |
|--|----------|-----|-----|----|---|-----|------|-----|---|----|----|
| MG Mahi Caesar Salad | 637 | 372 | 41 | 7 | 0 | 98 | 1579 | 34 | 5 | 5 | 32 |
| MG Shrimp Salad | 497 | 131 | 15 | 2 | 0 | 286 | 943 | 53 | 6 | 24 | 36 |
| MG Shrimp Caesar Salad | 679 | 385 | 42 | 7 | 0 | 212 | 1431 | 36 | 5 | 5 | 37 |
| KIDS MEALS | | | | | | | | | | | |
| Kids Hot Dog, fries, cookie (add drink) | 800 | 445 | 50 | 17 | 1 | 45 | 1300 | 76 | 4 | 22 | 15 |
| Kids Burger, fries, cookie (add drink) | 966 | 495 | 54 | 21 | 0 | 78 | 1256 | 93 | 4 | 30 | 25 |
| Kids Cheese Burger, fries, cookie (add drink) | 1033 | 542 | 59 | 24 | 0 | 94 | 1558 | 94 | 4 | 30 | 29 |
| Kids Tenders, fries, cookie (add drink) | 850 | 425 | 47 | 13 | 0 | 50 | 1690 | 87 | 4 | 30 | 19 |
| Kids 4 Wings, fries, cookie (add drink) | 830 | 501 | 56 | 15 | 0 | 63 | 1134 | 68 | 4 | 20 | 15 |
| Kids Corn Nuggets, fries, cookie (add drink) | 860 | 525 | 59 | 17 | 0 | 35 | 910 | 72 | 3 | 25 | 10 |
| MG Kids Burger, fries, cookie (add drink) | 960 | 473 | 52 | 18 | 1 | 107 | 893 | 85 | 4 | 24 | 35 |
| MG Grilled Chicken Strips, fries, cookie (add drink) | 660 | 330 | 37 | 12 | 0 | 70 | 1330 | 54 | 3 | 20 | 28 |
| MG Chicken Nuggets (boneless), fries, cookie (add drink) | 884 | 503 | 56 | 14 | 0 | 51 | 1364 | 73 | 4 | 20 | 19 |
| MR Cheese Quesadilla, fries, cookie (add drink) | 824 | 477 | 54 | 30 | 0 | 134 | 1693 | 44 | 4 | 0 | 44 |
| BREAKFAST | | | | | | | | | | | |
| Pancakes | 810 | 185 | 21 | 11 | 0 | 40 | 1750 | 151 | 3 | 58 | 11 |
| Pancakes w/Strawberries | 540 | 55 | 6 | 3 | 0 | 5 | 1598 | 112 | 3 | 33 | 11 |
| Pancake Platter | 757 | 401 | 45 | 16 | 0 | 378 | 907 | 73 | 1 | 45 | 20 |
| El Grande - Bacon | 512 | 234 | 25 | 10 | 0 | 351 | 1087 | 39 | 2 | 2 | 29 |
| El Grande - Ham | 444 | 179 | 19 | 8 | 0 | 342 | 1139 | 40 | 2 | 3 | 27 |
| El Grande - Sausage | 604 | 329 | 35 | 13 | 0 | 372 | 1169 | 40 | 2 | 2 | 30 |
| Kaiser Sandwich - Bacon | 481 | 225 | 24 | 10 | 0 | 365 | 847 | 35 | 1 | 4 | 30 |
| Kaiser Sandwich - Ham | 413 | 170 | 18 | 7 | 0 | 356 | 900 | 36 | 1 | 5 | 27 |
| Kaiser Sandwich - Sausage | 573 | 320 | 34 | 13 | 0 | 386 | 930 | 36 | 1 | 4 | 30 |
| Kaiser Sandwich - Steak | 453 | 183 | 19 | 8 | 0 | 366 | 725 | 36 | 1 | 4 | 32 |
| Breakfast Pita - Bacon | 624 | 311 | 34 | 11 | 0 | 363 | 1247 | 46 | 3 | 4 | 34 |
| Breakfast Pita - Ham | 555 | 257 | 28 | 9 | 0 | 355 | 1299 | 47 | 3 | 5 | 31 |
| Breakfast Pita - Sausage | 715 | 407 | 44 | 15 | 0 | 385 | 1329 | 47 | 3 | 4 | 34 |
| Breakfast Pita - Steak | 595 | 259 | 28 | 10 | 0 | 365 | 1179 | 47 | 3 | 4 | 36 |
| Breakfast Sub | 380 | 119 | 13 | 6 | 0 | 327 | 864 | 42 | 2 | 3 | 22 |
| French Toast Sticks (6each) | 691 | 156 | 17 | 3 | 0 | 0 | 260 | 80 | 5 | 30 | 7 |
| Kids Breakfast | 405 | 73 | 8 | 1 | 0 | 0 | 195 | 57 | 3 | 26 | 4 |
| Hash Browns (6 each) | 180 | 120 | 14 | 2 | 0 | 0 | 330 | 14 | 1 | 1 | 1 |
| 99 Cent Pita | 449 | 187 | 20 | 8 | 0 | 340 | 819 | 43 | 2 | 2 | 25 |
| DESSERTS | | | | | | | | | | | |
| Chocolate Chip Cookies | 250 | 120 | 13 | 7 | 0 | 15 | 170 | 32 | 1 | 19 | 3 |
| White Chocolate Macademia Nut Cookie | 260 | 120 | 13 | 5 | 0 | 20 | 190 | 33 | 1 | 21 | 3 |
| Oatmeal Raisin Cookies | 230 | 90 | 10 | 6 | 0 | 15 | 190 | 34 | 2 | 19 | 3 |
| Cheesecake | 538 | 253 | 30 | 13 | 0 | 115 | 467 | 63 | 0 | 31 | 6 |
| Key Lime Pie | 632 | 180 | 19 | 14 | 0 | 30 | 538 | 100 | 1 | 56 | 8 |
| Vanilla Shake | 752 | 316 | 35 | 21 | 1 | 126 | 248 | 81 | 0 | 69 | 15 |
| Chocolate Shake | 794 | 316 | 35 | 21 | 1 | 122 | 252 | 111 | 5 | 98 | 18 |
| Strawberry Shake | 667 | 247 | 29 | 15 | 1 | 104 | 218 | 86 | 1 | 76 | 14 |
| Cookies and Cream Shake | 894 | 364 | 40 | 25 | 0 | 114 | 321 | 116 | 1 | 92 | 15 |
| Ice Cream Scoop Vanilla | 293 | 133 | 15 | 9 | 1 | 52 | 79 | 35 | 0 | 29 | 5 |
| Ice Cream Scoop Chocolate | 312 | 133 | 15 | 9 | 1 | 50 | 74 | 38 | 2 | 34 | 6 |
| Ice Cream Scoop Strawberry | 262 | 99 | 12 | 6 | 0 | 41 | 63 | 35 | 1 | 30 | 4 |
| Ice Cream Scoop Cookies and Cream | 312 | 133 | 15 | 9 | 1 | 50 | 74 | 38 | 2 | 34 | 6 |
| Cake Cone Add | 25 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 0 | 0 |
| Sugar Cone Add | 50 | 0 | 0.5 | 0 | 0 | 0 | 55 | 10 | 0 | 4 | 0 |
| Waffle Cone Add | 90 | 10 | 1 | 0 | 0 | 0 | 35 | 20 | 1 | 7 | 2 |
| BEVERAGES | | | | | | | | | | | |
| Barqs Rootbeer - 20 oz. | 200 | 0 | 0 | 0 | 0 | 0 | 40 | 55 | 0 | 55 | 0 |
| Barqs Rootbeer - 28 oz. | 280 | 0 | 0 | 0 | 0 | 0 | 60 | 76 | 0 | 76 | 0 |
| Coca-Cola - 20 oz. | 180 | 0 | 0 | 0 | 0 | 0 | 0 | 49 | 0 | 49 | 0 |
| Coca-Cola - 28 oz. | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 68 | 0 | 68 | 0 |
| Coke Zero - 20 oz. | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Coke Zero - 20 oz. | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Diet Coke - 20 oz. | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |
| Diet Coke - 28 oz. | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 |
| Dr. Pepper - 20 oz. | 160 | 0 | 0 | 0 | 0 | 0 | 50 | 44 | 0 | 43 | 0 |
| Dr. Pepper - 28 oz. | 220 | 0 | 0 | 0 | 0 | 0 | 70 | 61 | 0 | 60 | 0 |
| Fanta Orange - 20 oz. | 190 | 0 | 0 | 0 | 0 | 0 | 10 | 52 | 0 | 51 | 0 |
| Fanta Orange - 28 oz. | 270 | 0 | 0 | 0 | 0 | 0 | 10 | 73 | 0 | 72 | 0 |
| Fruit Punch - 20 oz. | 190 | 0 | 0 | 0 | 0 | 0 | 25 | 52 | 0 | 50 | 0 |
| Fruit Punch - 28 oz. | 260 | 0 | 0 | 0 | 0 | 0 | 35 | 72 | 0 | 70 | 0 |
| Mr. Pibb Xtra - 20 oz. | 170 | 0 | 0 | 0 | 0 | 0 | 25 | 47 | 0 | 47 | 0 |
| Mr. Pibb Xtra - 28 oz. | 240 | 0 | 0 | 0 | 0 | 0 | 35 | 66 | 0 | 66 | 0 |
| Minute Maid Lemonade - 20 oz. | 170 | 0 | 0 | 0 | 0 | 0 | 80 | 48 | 0 | 46 | 0 |
| Minute Maid Lemonade - 28 oz. | 240 | 0 | 0 | 0 | 0 | 0 | 110 | 67 | 0 | 64 | 0 |
| Nathan's Lemonade - 20 oz. | 18181818 | 0 | 0 | 0 | 0 | 0 | 0 | 53 | 0 | 53 | 0 |
| Nathan's Lemonade - 28 oz. | 306.25 | 0 | 0 | 0 | 0 | 0 | 0 | 74 | 0 | 74 | 0 |
| Pink Lemonade HI-C - 20 oz. | 170 | 0 | 0 | 0 | 0 | 0 | 80 | 48 | 0 | 46 | 0 |
| Pink Lemonade HI-C - 28 oz. | 240 | 0 | 0 | 0 | 0 | 0 | 110 | 67 | 0 | 64 | 0 |

| | | | | | | | | | | | |
|---|-------|------|-----|-----|---|------|-------|------|----|-----|-----|
| Sprite - 20 oz. | 170 | 0 | 0 | 0 | 0 | 0 | 40 | 47 | 0 | 47 | 0 |
| Sprite - 28 oz. | 240 | 0 | 0 | 0 | 0 | 0 | 55 | 66 | 0 | 66 | 0 |
| Sprite Zero - 20 oz. | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Sprite Zero - 28 oz. | 5 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 |
| Coffee - 16 oz. | 5 | 1 | 0.1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0.1 |
| Iced Coffee - 16 oz. | 5 | 1 | 0.1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0.1 |
| Tea Unsweetened - 20 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tea Unsweetened - 28 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Tea Sweet - 20 oz. | 229 | 0 | 0 | 0 | 0 | 0 | 0 | 59 | 0 | 59 | 0 |
| Tea Sweet - 28 oz. | 321 | 0 | 0 | 0 | 0 | 0 | 0 | 83 | 0 | 83 | 0 |
| BEVERAGES - BOTTLES | | | | | | | | | | | |
| Coca-Cola - 20 oz. Bottles | 240 | 0 | 0 | 0 | 0 | 0 | 75 | 65 | 0 | 65 | 0 |
| Diet Coke - 20 oz. Bottles | 0 | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 0 | 0 | 0 |
| Sprite - 20 Bottles | 240 | 0 | 0 | 0 | 0 | 0 | 110 | 64 | 0 | 64 | 0 |
| BEVERAGES - SMOOTHIES | | | | | | | | | | | |
| SMOOTHIE MANGO - 20 oz. | 300 | 0 | 0 | 0 | 0 | 0 | 70 | 82 | 0 | 78 | 0 |
| SMOOTHIE STRAWBERRY - 20 oz. | 310 | 0 | 0 | 0 | 0 | 0 | 70 | 84 | 0 | 81 | 0 |
| CATERING | | | | | | | | | | | |
| Breaded Wing Party Platter - 40 each | 4440 | 1112 | 123 | 20 | 0 | 125 | 5070 | 20 | 6 | 11 | 7 |
| Breaded Wing Party Platter - 80 each | 8880 | 2224 | 246 | 40 | 0 | 250 | 10140 | 40 | 12 | 22 | 14 |
| Grilled Wing Party Platter - 40 each | 2821 | 1112 | 123 | 20 | 0 | 125 | 5070 | 20 | 6 | 11 | 7 |
| Grilled Wing Party Platter - 80 each | 5641 | 2224 | 246 | 40 | 0 | 250 | 10140 | 40 | 12 | 22 | 14 |
| Naked Wing Party Platter - 40 each | 3840 | 3090 | 343 | 66 | 0 | 855 | 9270 | 30 | 6 | 11 | 153 |
| Naked Wing Party Platter - 80 each | 7680 | 6180 | 686 | 132 | 0 | 1710 | 18540 | 60 | 12 | 22 | 306 |
| Boneless Wing Party Platter - 40 each | 4980 | 3290 | 365 | 58 | 0 | 485 | 13610 | 226 | 16 | 11 | 151 |
| Boneless Wing Party Platter - 80 each | 9960 | 6580 | 730 | 116 | 0 | 970 | 27220 | 452 | 32 | 22 | 302 |
| Krispy Chicken Tenders - 30 each | 4623 | 2653 | 321 | 44 | 0 | 479 | 16114 | 279 | 12 | 10 | 156 |
| Krispy Chicken Tenders - 60 each | 9246 | 5306 | 643 | 87 | 0 | 958 | 32228 | 558 | 24 | 21 | 312 |
| Mozzarella Sticks - 40 each | 2417 | 1448 | 158 | 40 | 0 | 200 | 6715 | 177 | 14 | 27 | 65 |
| Mozzarella Sticks - 80 each | 4833 | 2897 | 316 | 80 | 0 | 400 | 13430 | 353 | 28 | 53 | 130 |
| Small Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites | 5079 | 3040 | 346 | 68 | 0 | 440 | 16806 | 356 | 24 | 100 | 129 |
| Large Combination Platter - Wings, Tenders, Mozzarella Sticks, Jalapeno bites | 10157 | 6080 | 692 | 135 | 0 | 879 | 33611 | 712 | 47 | 200 | 258 |
| Small Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs | 3953 | 1506 | 167 | 51 | 0 | 447 | 18217 | 406 | 25 | 72 | 199 |
| Large Sub Tray - Turkey, Tuna, Deli and Ham & Cheese Subs | 7905 | 3012 | 335 | 101 | 0 | 893 | 36434 | 811 | 51 | 144 | 397 |
| 6' Sub Turkey | 11980 | 2380 | 264 | 156 | 0 | 1592 | 44520 | 1587 | 85 | 170 | 798 |
| 6' Sub Assorted Deli Meats | 13517 | 3703 | 413 | 232 | 0 | 2000 | 60954 | 1580 | 85 | 186 | 857 |
| Key Lime Pie (whole) | 4304 | 2024 | 240 | 104 | 0 | 920 | 3736 | 504 | 0 | 248 | 48 |
| Cheesecake (Whole) | 5056 | 1440 | 152 | 112 | 0 | 240 | 4304 | 800 | 8 | 448 | 64 |
| Chocolate Chunch Cookies - 30 each | 7500 | 3600 | 390 | 210 | 0 | 450 | 5100 | 960 | 30 | 570 | 90 |
| White Chocolate Macadamia Nut Cookies - 30 each | 7800 | 3600 | 390 | 150 | 0 | 600 | 5700 | 990 | 30 | 630 | 90 |
| Oatmeal Raisin Cookies - 30 each | 6900 | 2700 | 300 | 180 | 0 | 450 | 5700 | 1020 | 60 | 570 | 90 |
| Party Garden Salad | 1510 | 683 | 79 | 25 | 0 | 455 | 2585 | 143 | 25 | 29 | 70 |
| Party Caesar Salad | 2075 | 1340 | 148 | 26 | 0 | 60 | 4968 | 143 | 22 | 22 | 46 |
| Party Greek Salad | 1833 | 768 | 92 | 33 | 0 | 515 | 13476 | 212 | 36 | 64 | 84 |
| Party Grilled Chicken Club Salad | 2272 | 955 | 109 | 36 | 0 | 738 | 6219 | 149 | 25 | 29 | 183 |
| Party Krispy Chicken Club Salad | 2792 | 775 | 89 | 32 | 0 | 518 | 2939 | 141 | 25 | 29 | 91 |
| Party Chicken Caesar Salad | 2675 | 1520 | 168 | 30 | 0 | 280 | 8248 | 151 | 22 | 22 | 138 |